

TRAITS OF A HEALTHY FAMILY

The following are the traits of a healthy family according to Delores Curran, author of the book by the same name:

- **Communicates and listens**
- **Affirms and supports one another**
- **Teaches respect for others**
- **Develops a sense of trust**
- **Has a sense of play and humor**
- **Exhibits a sense of shared responsibility**
- **Teaches a sense of right and wrong**
- **Has a strong sense of family in which rituals and tradition abound**
- **Has a balance of interaction among members**
- **Has a shared spiritual core**
- **Respects the privacy of one another**
- **Values service to others**
- **Fosters family table time and conversation**
- **Shares leisure time**
- **Admits to and seeks help for problems**

Traits of a Healthy Family, Dorothy Curren, Ballentine books, New York, 1983